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Publication No. 9

CANADA

HOW TO MAKE OUR CANADIAN HOME

THE LITTLE BLUE BOOKS
HOME SERIES

ISSUED BY
DEPARTMENT OF HEALTH, CANADA
OTTAWA

The Plodder's Petition

Lord, let me not be too content
With life in trifling service spent,
Let me aspire.

When days with petty cares are filled,
Let me with fleeting thoughts be thrilled
Of something higher.

Help me to long for mental grace;
To struggle with the commonplace
I daily find.

May little deeds not bring to fruit
A crop of little thoughts to suit
A shrivelled mind.

I do not ask for place among
Great thinkers who have taught and sung,
And scorned to bend

Under the trifles of the hour.
I only would not lose the power
To comprehend.

—*Helen Gilbert.*

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BLOSSOMS. NIAGARA PENINSULA. Canadian Government Motion Picture Bureau, Ottawa.

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DOMINION OF CANADA

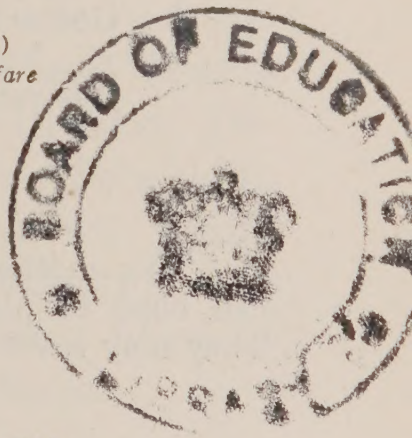
DEPARTMENT OF HEALTH

HOW TO MAKE OUR CANADIAN HOME

BY

HELEN MACMURCHY, M.D., (TOR.)

Chief of the Division of Child Welfare



THE LITTLE BLUE BOOKS

HOME SERIES

OTTAWA

F. A. ACLAND

PRINTER TO THE KING'S MOST EXCELLENT MAJESTY

1923

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(52812)

A Canadian's House is His Castle.

"If you want to grow beautiful roses,
You must first grow them in the heart."

—*Dean Hole*

¶ ¶ ¶

"A man should make it part of his religion to see that his country is well governed."

—*William Penn*

¶ ¶ ¶

"A Garden is a lovesome thing, God wot;
Rose plot,
Fringed pool,
Ferned grot,
The veriest School
Of Peace,
And yet the fool
Contends that God is not.
God not in gardens! When the eve is cool!
Nay, but I have a sign.
'Tis very sure God walks in mine."

—*Thomas Edward Brown*

¶ ¶ ¶

"No mother who stands upon low ground herself can hope to place her children upon a loftier plane. They may reach it, but it will not be through her."

—*Julia C. R. Dorr*

¶ ¶ ¶

"It is very rare in this world that we poor creatures can make each other supremely happy, but that is what you have made me."

—*Lord Dufferin*

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OUR OWN HOME

OUR OWN Home must be in the right place, country or town. It must have a good roof and walls and floors. By purchase or rent it must be ours and we must be able to manage it. The home is worth everything to us. Of course we can make two rooms do for two people at first, if we have to, but there is no reason why a Canadian and his wife should have to live in two rooms. There is work for us all in Canada, land for us all, and teaching for us all. Canada is a free country. There are Agricultural Representatives and Agricultural Colleges and Women's Institutes and Cercles des Fermières and Homemakers' Clubs and University Extension Departments and Technical and other Schools in all the Provinces wanting to teach us. Canadian men and women can learn all about how to make and manage a city or country home at these Colleges and Technical Schools.

The Master-Word is Work

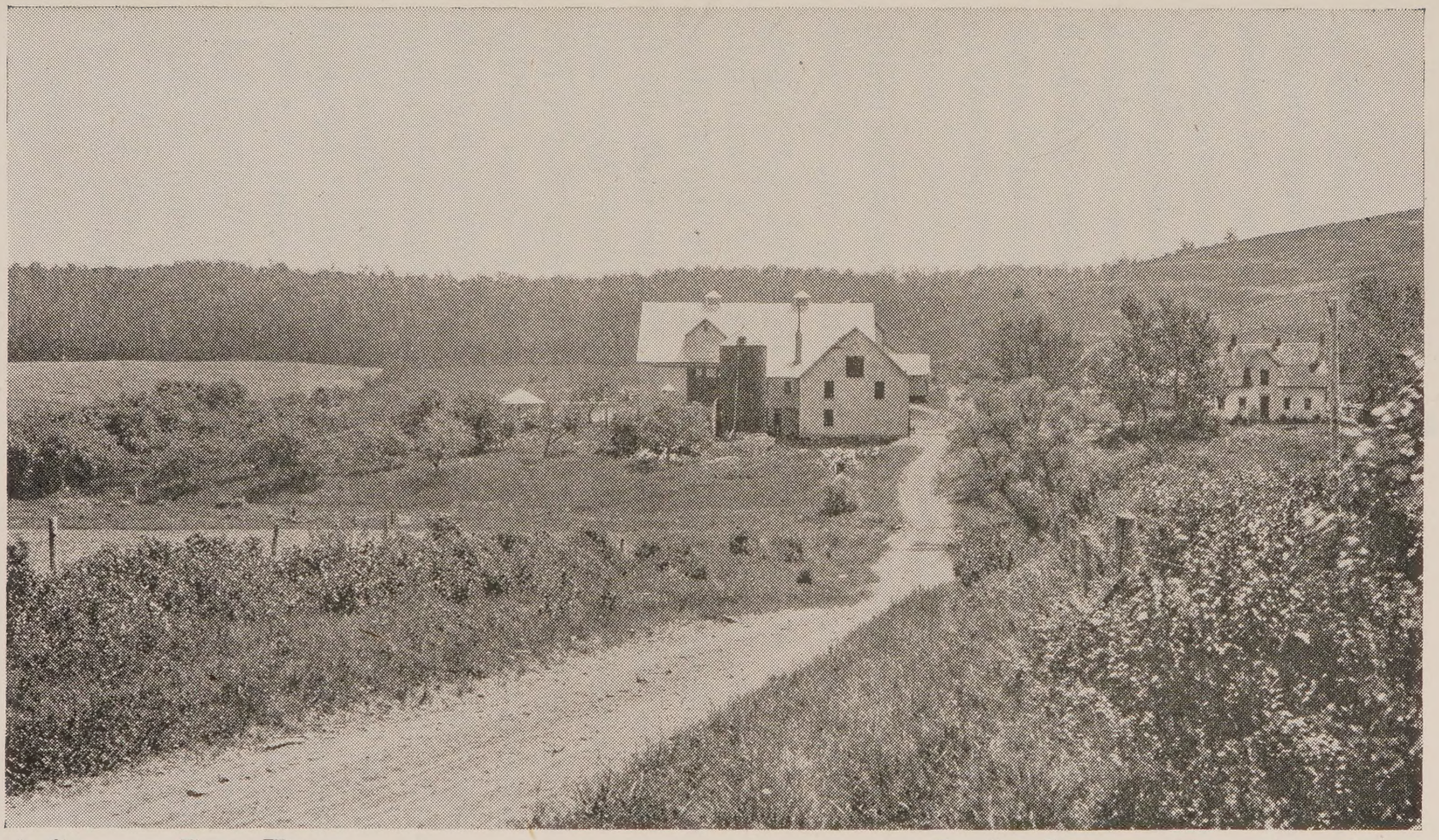
The Canadian Beaver is industrious. You cannot make a real Canadian home without working. This is good news to you, for you are willing to work, aren't you?

The Home

You are living on a farm. Good. That is the place to make your Canadian home. The land is your own and you can choose the best site on the whole farm for your house. Perhaps you will choose the corner nearest your neighbour's house, if your wife would like that best. Do not isolate your house. We cannot live without company. We need good neighbours. Where is the best view? Would not that be a good place for your house?

There may be a house on the farm already and you can probably make a comfortable home in it till you build your own house. But no house is large enough for two families. One House—One Family.

You are living in a village, town or city. Good. You know best where you ought to live. You can make a good home there. Have a garden if you can. Yes, things will ripen everywhere in Canada. Did you never hear of the Canadian lady in a certain far Northern district who took in her nearly ripe tomatoes one Autumn night when she found the thermometer going down too fast? She spread the tomatoes on the clean, warm attic floor and covered them with a big blanket. When they ripened she gave her family some and sold the rest.



A Canadian Farm House.

Canadian Government Motion Picture Bureau, Ottawa.

It is, of course, often possible to rebuild or remodel a house and improve it very much. We do what we can and not what we can't. Adding a porch, or a sun-room, or a veranda, or a new wing will sometimes make a house look twice as attractive as before. Take a drive through some other township and look at the nice farmhouses, and bring back some "local colour" or local traditions with you to improve your house.

Perhaps the rooms in the old house are much too large, and you could put up one or two partitions and perhaps put in another window, thus changing one great big barn of a room into two smaller and better ones. Don't the children need a little room, or a big room perhaps in the attic, for themselves and their toys and boats and dolls and all? Rag rugs and a few good posters, and a window-seat, some pretty post cards on the walls, and corner cupboards will make it so nice for them. Doesn't Father need a room for his books and magazines and newspapers—just a nice little room? Or shall we have a book-shelf in every room?

Could we make the dining-room more cheerful? What about a built-in cupboard or sideboard with a little high window over it?

The little extra rooms you could make in the attic are often a great comfort and never come amiss.

The house is built to help to make good people and it may be that a work-bench for John, and a Den for Daddy, and a Mother's Little Room and a play room for the children are a better investment than hardwood floors.

You will build a house some day. It is worth while. Nothing is more interesting—nothing pays better—than building a house for your family.

Where Shall We Live?

In deciding where we are to live we should think of where we are to go to church, where the children will go to school, where the nearest market is—and how we can get to all these places. Who are our nearest neighbours? Good neighbours are such a help and comfort. Bad neighbours spoil any place. When the next farm or house to yours is vacant, could you and your husband get some good friend of yours to settle there with his wife and family? It will mean a great deal to both of you. Be a good neighbour and you will have good neighbours. Canadian pioneers always had the name of being kind. If the early settlers had

not been kind to each other you and I wouldn't have been here. Let us keep up the tradition that Canadians are kind.

On the farm there is the question of help for you and your husband. A working partnership between neighbours may be the best way to solve this problem. By and by you may be able to build a little house for some young man and his wife who would like to come and live on your farm and help with the work of it for a fair share of the profits of the farm or for a reasonable wage.

Home Service

In the village, town or city there is also the important and urgent question of help for the Mother in the home. What do You think about it? Do please write and tell me what you think about this question of getting help for the Mother in the home. She often has too much to do.

Building a House

It is a grand thing to build a house. But don't let us ruin ourselves. Let us take time and plan and see our way. What are you going to pay for? A big house costs a lot of extra money to build, to furnish, to decorate, to heat and to

keep clean. Isn't that waste? The first house that you build will be small and compact and easy to work. Each room should have its own character. It is very nice for the mistress of the house to have a little room of her own—and for the master, too. A children's room is fine. A study is fine. But keep within what you can afford. Houses always cost more than you think. You will be able to carry out your plans by and by if you go slowly now.

Site—Country and City

Choose the best spot on the farm for a house. Make a good "lay-out" of your buildings. Take a piece of paper and make a little map. Here the house, there the barn and stables—there the silo. There the new fly-proof cement vault for manure. That is one way to have NO FLIES. Flies breed in, and are attracted by, manure and filth. But modern ways of caring for manure and keeping things clean, inside and outside the house, will prevent flies.

Make the road on your map go to the house first. Your site will be convenient to the main road. Is it sheltered in winter—or can you plant a belt of trees to shelter it? Is there a fine view of the farm or wood lot or orchard or the garden or the village, or the road or the

A Canadian Town Home.

Canadian Government Motion Picture Bureau, Ottawa.

hills? Take advantage of it. You will enjoy looking at the work of your hands and at the beauties of nature.

Is it near enough to the spring or other water supply to have water laid on inside the house? Is it convenient to the barn and other farm buildings, but not altogether too close? Is the soil gravelly or sandy? Clay may be damp. Is it on high ground so that the drainage is good?

In a town or city beware of made soil—made by filling it in with miscellaneous city rubbish, and beware damp sites. Ground water should be at least ten feet below the surface on a good site.

Town Planning

The time has come for us to help to plan for the new parts of the city or town or village in which we live. Get or make a map of it. Take out of the Public Library a book on Town Planning and study it. Zoning is a great help. It means better air, less smoke, better back yards and front yards and side yards, better and brighter streets, less noise, less dust, more sunlight and a cleaner and prettier town.

Where should the new park be? The new school? The next playground? The town

skating-rink? The next new church? Whatever you do, don't let them spoil the little river or stream. Keep it as Nature made it. Grass, a few trees, and a foot path on either side will make beauty spots all through its course. Even just keeping it clean and tidy will preserve its beauty. Plant a few wild flowers or a few ferns. Keep the pretty views and vistas.

Country Planning

Country planning is not less important than city planning, and the approach to a house, if dignified and beautiful, clean and orderly, gives a welcome to the members of the family and their friends, and bestows a benefit on every passer-by. One fine tree, much more an avenue of trees, is a blessing and a beauty to all the country round. The Provincial Departments of Agriculture have Forestry Nurseries, and have published excellent pamphlets on "Farm Tree Planting," "Trees and Shrubs, Their Selection, Planting and Care," and also on Horticulture and Gardening. The Forestry Branch of the Department of the Interior at Ottawa has established two Forestry Nurseries in Saskatchewan, one at Indian Head and one at Sutherland.

Plant your trees now. Send to the Department of Agriculture at the Parliament Buildings in the Capital of your Province, or to the Forestry Branch at Ottawa, for information. John and Mary, who have likely learned a lot at their school garden, can write the letter. You will find that you can obtain young trees of the best variety to grow in your part of the country, and probably shrubs and flower-seeds too, as well as vegetable seeds, free, or for a very moderate cost. Then your Aunt will give you some seeds, and in the nearest wood lot you can find some fine little trees yourself. Do not forget a maple, a pine, an oak, an ash, a birch, an elm, a beech, a rowan and other fine trees. Even in parts of Canada where trees grew few and far between, fifty years ago, you can see fine trees flourishing now, and the trees you plant will do just as well.

Make much of the garden. Take care of it and it will take care of you. Sow your turnips thinly. Get the best seeds and use them economically. "Between the rows of peas sow rows of spinach; and sow radishes between the onion rows." Every country school in Canada should have a School Garden large enough to provide a little plot for every child or pair of children in the Senior classes. It should be

worked in connection with the classes, especially the classes in agriculture and domestic science.

As for the orchard, which stands mid-way between the house and the farm, it deserves a book to iself. Don't forget the orchard.

House Planning

We have the right site. Now for the plan. Magazines and journals have published a great many good plans of houses lately. It will be worth your while to look at these magazines. Of course it is still better to have an architect to advise you. But you and your wife will likely prefer to work out your own plan first.

How many bedrooms do you need? This gives the size of the house. One of the many advantages of living on a farm is that the land is your own and you do not have to pay extra for every foot of land you need. Which way is your house going to look? South if possible. You can see sunrise from one side and sunset from the other. But don't put the woodshed where it gets the most sun. Put the rooms where people are all day where they will get the most sun. Have the south side of your house the long side. You can build it so that the sun gets into every room, every day, if you are on a Canadian farm, and, in a town, try to choose a sunny lot.

Rooms

Each person in the family should, if possible, have his or her own room. Privacy is one of the great treasures of home life. Are you going to have men or maids to help you? Plan a room for each of them. They need a little sitting-room for themselves, too. Then there is the kitchen, dining-room, living-room and husband's office, (He needs it!), besides the bath-room, clothes closets and the farmer's wash-room in the country house. In small houses sometimes it is better to have the bath-room on the ground floor. Ceilings need not be too high. From 8 to 8½ feet is high enough.

Do not make the bedrooms too small. People have been known to build bedrooms which were not large enough for a bed! Double beds are 5 feet by 6 feet 6 inches: single beds are 3 feet by 6 feet 6. Bedrooms should be at least 12 by 15 feet if possible—with a closet 3 by 6 feet off each. You can easily put the two closets between each pair of bedrooms. Put a shelf and a rod for coat hangers in each closet. Have a spare bedroom, if possible. It helps in entertaining strangers, "whereby some have entertained angels unawares," and that spare room is a great boon in time of sickness and trouble. An extra bath-room is a great comfort too. Put

it, between two bedrooms perhaps, in your next house. Don't forget a little room for Mother where she can keep her own special things.

Essentials

Having settled on the size of your house and made it right for comfort, labour-saving and convenience, think of seven things:—

1. Air everywhere. Enough windows, opening easily top and bottom. No stagnant air.

2. Sunlight everywhere. No dark corners. Bright, airy rooms.

3. Use everywhere. No waste space.

4. Labour-saving for everybody—especially Mother.

Have everything simple—No " dust catchers" Rounded coves where floor and wall meet.

5. Comfortable heating for winter.

6. Running water in the house. Hot water.

7. Plans for the future. Wires pass your house (or soon will) carrying electricity. A furnace is almost a necessity. It costs very little extra, when you are building, to put a few wires and places for furnace-pipes and plumbing ready for use when you can afford to " carry on " with them. It saves money.

We need these things and they all pay and pay well. What they cost—that, and more—they are worth.

Building Materials

Canadian building materials are wood, stone, brick, stucco, concrete. Each has it own advantages and disadvantages. You will be able to choose when you know in what part of Canada your home will be and which of these materials is best and cheapest there. In one place a beautiful house may be built of wood, with chimneys and fireplaces made of field stone. In another, red brick is the favourite. In a third, stone is the cheapest and best. Whichever is chosen, the material should be good, sound, and well prepared. A great deal of wood is used in the interior of all houses. See that it is well-seasoned and suitable in kind. We have a spendid variety of native woods in Canada. Of course wooden houses, when you pay for re-painting and other expenses, cost more than brick houses.

Use good materials and have things comfortable and convenient. It is better, more satisfactory, and cheaper in the end.

The Foundation

The portion of the foundation of the house below the grade or ground level should be rendered impervious to moisture by applying a damp-proof course both vertical and horizontal.

This damp-proof course can be either of mastic pitch or hydrolithic cement. Care should be taken to lay a small perforated agricultural drain completely round the foundation which will effectually take care of any surface water round the house, thereby rendering it water-proof. A good foundation we must have, otherwise the house is never comfortable. The floors are so cold. Nobody's feet are really warm in winter if the floors are cold. Have a good, tight, strong foundation. And especially in the country, bank up round the outside walls with ashes, earth and other solid material before winter comes.

Have the cellar floor concreted and drained. A poor cellar may do much harm to the health of the family. The cellar windows should open easily. Several separate compartments are required in the cellar—for keeping fruit, vegetables, dairy products, eggs, fuel and many other things. All cupboards for food should have double ventilation. The cellar stairs should be easy, properly lighted, and convenient to the kitchen. A good outside entrance to the cellar is desirable.

The cellar is the place for your furnace. If you cannot have a furnace now, leave a place for it, and for all the necessary pipes and con-

nections. That will save you a lot of money later on when you put it in. Furnaces are needed in most parts of Canada. Don't forget about the chimneys and the plumbing when you plan the foundation and walls. Have the kitchen chimney in the best place (not right in front of the door) so that the fire will draw well and the food will not get cold. Could you not have a little open fire in the kitchen (in addition to the kitchen stove) and in one or two other rooms? All you need is to plan for the chimney. Think of the cosy comfort of it. Hearth fires help to make people happy.

Water Supply

The Provincial Departments of Agriculture have issued publications upon this subject. For example, a Bulletin, "Stop Carrying Water" is published by the Department of Agriculture for Ontario, giving sketches and necessary information. See also "Conveniences and Labour Savers for the Farm Home" issued by the same Department.

The following publications by Mr. B. Evan Parry, M.R.A.I.C., Supervising Architect, have been published by the Department of Health of Canada and may be obtained on request to the Deputy Minister.

Publication No. 1. Sanitation. Sewage Treatment For Isolated Houses And Small Institutions Where Municipal Sewage System Is Not Available.

Publication No. 17. Sanitation (Water Supplies), Safe Water Supplies For Isolated Houses And Institutions Where Municipal System Is Not Available.

Publication No. 18. Sanitation (Water Supplies), Safe Water Supplies For Isolated Houses And Small Institutions Where Municipal System Is Not Available.

Canada is so well watered that we can all have running water in the house. Going outside the house to fetch every drop of water is a waste of time and strength that no good business man or woman will stand for. Think what it means. It has been calculated that "the average woman, in a home without this convenience, lifts about a ton of water a day. The water for the kitchen has to be lifted from the well, carried to the kitchen, poured into a kettle, poured out of the kettle into other vessels, finally into a dishpan, and from the dishpan out of doors. This makes six times the water is handled, and a bucket of water containing two gallons will weigh one hundred

and twenty pounds in these several handlings. The cooking of three meals a day on a meagre allowance of water will necessitate ten buckets, which will make, for cooking alone, twelve hundred pounds of lifting per day. When to this is added the water necessary for bathing, scrubbing and the weekly wash, it will easily bring the lift per day up to a ton."*

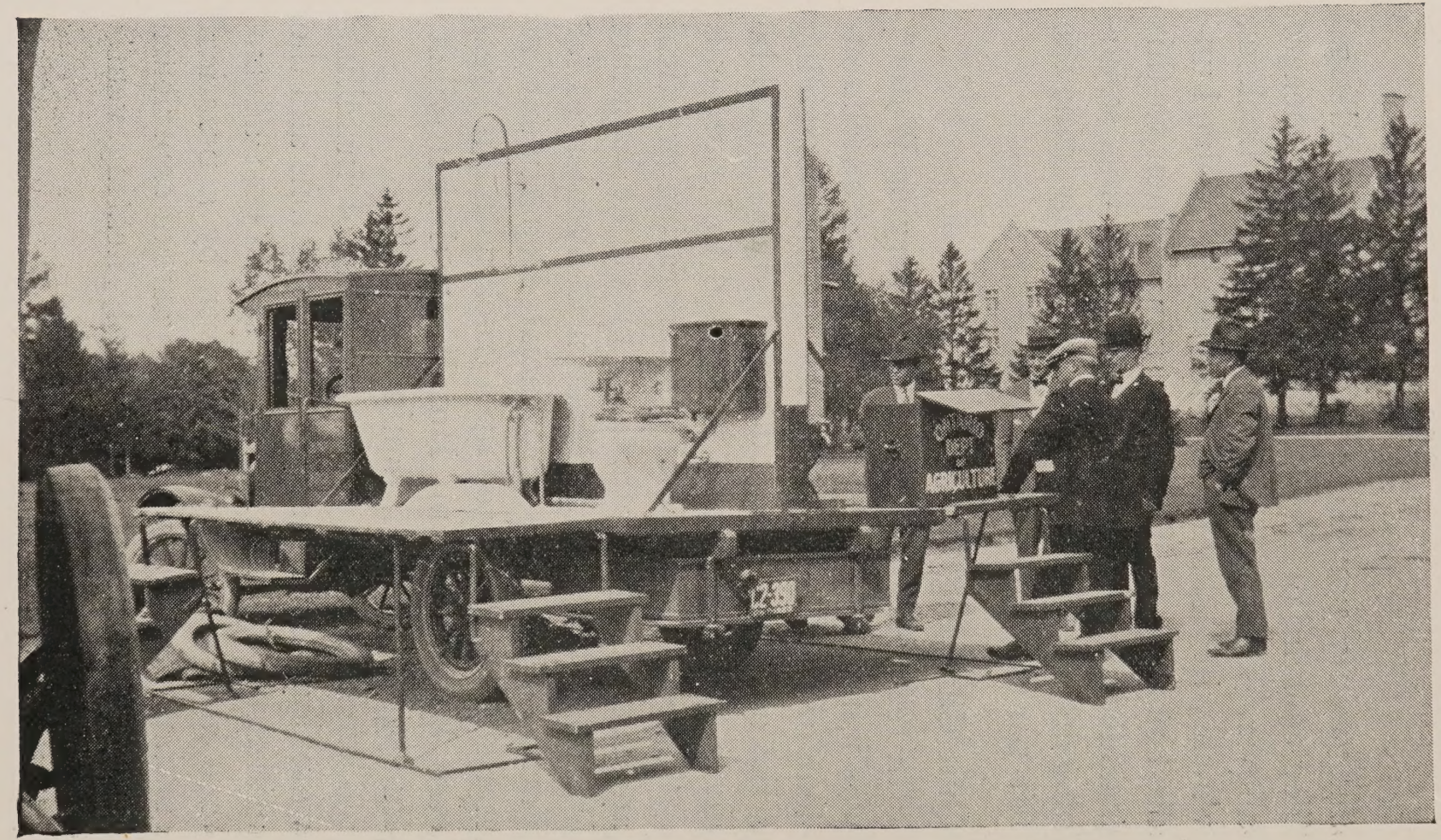
Quit Carrying Water

In 1923 the Handbill " Quit Carrying Water " was issued by Mr. G. A. Putman, Superintendent of Women's Institutes in Ontario, giving a list of places where demonstrations would be given and inviting all interested to be present.

" For the purpose of demonstrating practical and economical methods of providing Running Water and Installing Modern Conveniences for Farm Homes the Provincial Department of Agriculture has fitted up a truck with Air Pressure Water System, Hot Water Boiler, Sink, Pumps, Bathroom Equipment.

Demonstrations as to methods of installing water systems under varying conditions and the utilization of running water to the best advantage in the home will be given by a practical sanitary engineer with many years of experience in rural sanitation, water supply, heating, ventilation, etc.

*The Farmer's Magazine.



THE PLUMBING.

THE DEMONSTRATION.

THE TRUCK.

The public, both men and women, are invited to visit the truck at their convenience, any time between the hours named.

The Demonstrators will be ready to answer questions regarding any feature of plumbing, installation of pumps, location of tanks, protection of wells, how the farmer can do most of his own plumbing, costs, etc. One of the Demonstrators will be in attendance at the truck continuously between the hours named, ready to demonstrate and answer questions. Where convenient one of the Demonstrators will visit the homes where installation of water system is being considered, for the purpose of giving specific advice.

Invite your friends to come with you and witness the practical demonstration of a water system practical for the rural home."

Plumbing

Do not put water or waste pipes on an outside wall unless you " wrap " or " pack " them sufficiently to keep them from freezing in cold weather. Water in the house saves years of work and years of life. It is good business. Your Provincial Department of Agriculture has, or will get for you, good plans for having running water in the house, hot and cold, and

for a septic tank or other proper way of drainage. It will pay you to study this. Somebody uses water almost every minute. Water in the house and drainage make it possible to have a bath-room and toilet and you and your family need these conveniences.

The Outdoor Closet

An outside toilet is no more suitable for a country house than for a town house. We need convenient, comfortable, decent arrangements in every Canadian home. The chemical toilet, which costs about $15, is a fairly good plan. The outside toilet is a hardship and a danger, especially in the cold winter weather.* It is only too often inconvenient, uncomfortable and insanitary. The water supply is often contaminated by the outdoor closet. Proper habits are interfered with, and the health of the family suffers. It increases the danger of flies. One of the best authorities on Canadian country life says that not more than seven per cent of country privies are sanitary or suitable.

Time and Money

People who say " our men haven't time " to install proper home conveniences are mistaken.

*See Page 22

It is unsuitable home conditions which are driving people to the city. A complete system of lighting and a modern bath-room can be installed for less than the cost of a Ford motor and they are worth more to the farmer and his wife and family.

Do not have closed-in plumbing.

Soft Water

Do not forget your supply of soft water. It saves money for soap and secures comfort. The roof of the house and of the barn are splendid "catchment areas." Remember that you need a "two-way pipe," with a cock or tap, so that while the first rain washes the roof clean, the dirty water runs off. Then turn the tap and let the clean water run into the cistern.

The Kitchen

The kitchen is often the centre of the house. At meal times the centre of interest shifts to the dining-room. When the work of the day is over, mother and father and children and friends sit down to enjoy the evening by the open fire in the living-room, or sit down on the porch in summer-time to enjoy the evening air and the colours of the sunset and the pleasant view. The centre of interest is where the

people are. But the kitchen is mother's workshop and factory and laboratory. There she keeps most of her tools and does most of her work, and while she is there, that is the centre of the house.

Saving Strength

We build the modern factory or laboratory or workshop with an eye to light and ventilation and the kind of work to be done there. Let us remember all that when we are building the kitchen. The "Work-Routes"—Baking-table to Stove, to Serving-Table to Dining-room and then back—Dining-room to Drain-board to Sink—must be planned to save every step and a step saved in a "Work-Route" will soon count up to a mile of walking saved. The Conference of Vocational Workers at Montgomery, Alabama, attached a pedometer to a student in a model kitchen, and found that she walked two miles a day while preparing breakfast, dinner and tea. That is 730 miles a year. Add on the miles she walks in going to the door, the linen-closet, the bedrooms, sweeping, dusting, mopping, scrubbing, seeing what is the matter with the baby, polishing, making beds, answering the telephone, finding lost and forgotten

things and Mother will walk all the way from Halifax to Vancouver without crossing the threshold before the year is out.

About the drain-boards. A sink should have two—left and right—Not wooden ones, for they absorb grease and sometimes they smell, even if scrubbed pretty often. Have the porcelain or enamelled ones attached to the sink. If you have to get wooden drain-boards, then "fill" them with oil. Paint the oil on every night till no more will soak in. This preserves the wood. A rubber mat on the drain board and a fibre dish-pan save a lot of breakage.

Light

The light must be good and should come from the left, just as when you are writing or reading. At least two windows on different sides are needed in the kitchen and two or more doors. Plan carefully for your artificial light, whether electric, gas, oil or candle, so that it will be safe and satisfactory. When it is electric, have enough switches. They are an economy. The kitchen should not be too large. It is very convenient to stand at the stove and reach the table. When you have washed the dishes, if you can lift them to their places on the china cupboard shelf, from the right-hand

drain-board, look what a lot of time and strength you will save three times a day.

Height

Have the sink, table and tub the right height for you. If mother's height is about 5 feet 4 inches or even 5 feet 6 inches, the right height for the top of her kitchen table, sink, stove and tub is about 36 inches from the floor, and don't you forget it. Don't spend hours every day bent nearly double. Bending is very tiring. It is not washing, but bending over the tub that tires you. Use your elbow-joints in washing more than your back. Use your knee-joints and not your back when you bend.

Standards for Height

Mrs. Christine Frederick* gives the following useful information:—

"No shelves should be lower than one foot from the floor nor higher than six feet and for small women a comfortable reaching height is between $4\frac{1}{2}$ and $5\frac{1}{2}$ feet.

The height of an ironing board for a woman five feet six with the usual arm length is preferably 34 inches. If a table is used for ironing, it can be from 32 to 34 inches.

*Scientific Management in the Home.

A convenient height for a woman 5 feet 6 is to place tubs so that their bottoms are about 22 inches from the floor, or the edge of the tub 38 inches from the floor in a straight line. The regulation iron legs are generally three or four inches lower than this, but they can easily be placed on wooden blocks so that the tub can be used by the worker without stooping, but as she is standing erect.

TABLE OF STANDARD HEIGHTS FOR WORKING SURFACES

Height of Worker	Sink Height from floor to base of sink	Height for other working surfaces, for standing	Height of stool for sitting
5 feet	29½ inches	31½ inches	22 inches
5 " 1 "	30 "	32 "	23 "
5 " 2 "	30½ "	32½ "	24 "
5 " 3 "	31 "	33 "	25 "
5 " 4 "	31½ "	33½ "	26 "
5 " 5 "	32 "	34 "	27 "
5 " 6 "	32½ "	34½ "	28 "

It will be found generally that there is an inch of difference in the height of the stool to each inch of height in the worker."

The Farm Kitchen

The Farm Kitchen at the Canadian National Exhibition in 1923 was a centre of great interest.* Mrs Aitken, who was in charge, thus describes the simple and inexpensive cupboard.

*The Canadian Farmer.

"Our next most precious provision is a large cupboard, running from floor to ceiling and divided into three parts: One section is for sweaters, coats, rubbers, etc., with a low shelf for the children's rubbers and hooks for their clothes. Each child's name is above his hook. This is a regular game and helps mother very much. The other two sections are for dishes, pans, muffin tins, etc. The drawers are for towels (sugar and flour sacks make excellent towels), aprons (made of unbleached cotton 9 cents a yard), and an emergency drawer—bandages, peroxide, iodine, etc.—a cut is not nearly so painful if Anne is permitted to pour on her own peroxide.

All shelves and table tops are covered with white oilcloth, pasted to a smooth table with a heavy flour paste, and waxed weekly to prevent marking. Our windows are dressed with unbleached cotton, banded with blue and white checked gingham with a geranium in the window. Please let us keep our curtains well pushed back so that between times we may see the green of the spring, the scarlet of the autumn, the unchanging bigness of the hills—these will often prove an anchor in times of stress.

And in our kitchen a corner for the children —with their own books and scissors, paste and pencils, dolls and checkers. A box with a hinged lid makes a couch and a catch-all in one, and saves many steps. Just as soon as the children realize that they are an integral part of the home, just so soon will we find them taking care of mother."

Tools and Utensils

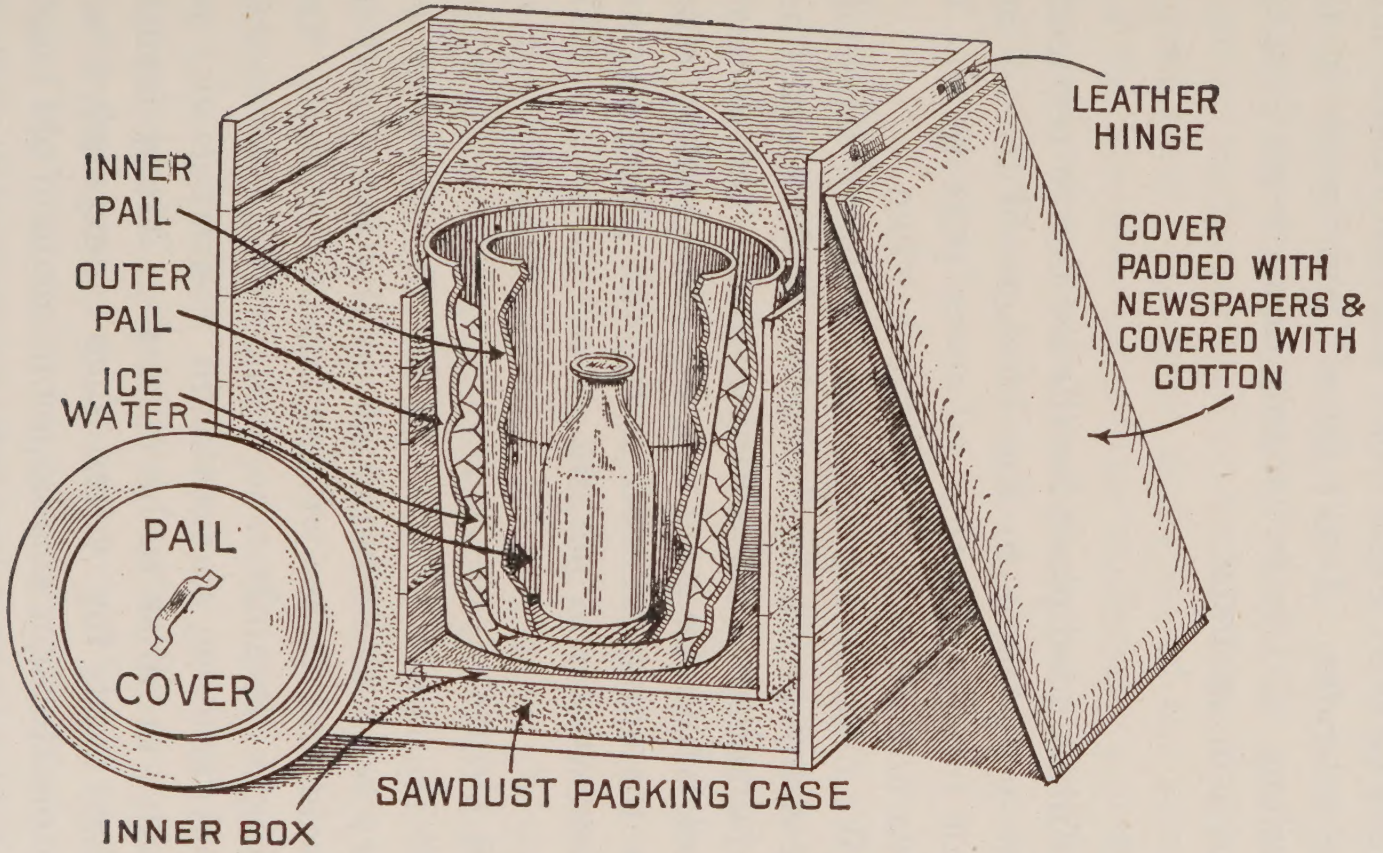
Your " tools " should be good. Of course you need a good broom, brush, dust-pan, mop, and, when you can afford it, a carpet-sweeper. A " Cleaning-Closet " to keep them in is a fine thing to have.

One good-sized teakettle, not too heavy, and one small flat-bottomed kettle that fits anywhere—one or two good pots and saucepans that do not break your back to lift—a small light frying-pan, and a larger, heavier one. Get tools that you like—that you have a fancy for and that smile at you. The best quality is usually cheapest in the end. Be sure you are suited. If you are not sure, try another store, or go back another day. Do not be extravagant. Get good value for your money. How do you like aluminium? Canadian-made utensils are the best to get. Of course you must have a

good boiler and a baking-board and rolling-pin, and a wire basket to rinse the dishes in and a "nest of bowls" with blue lines around them and a wooden spoon and a porridge stick and a trencher. But you can "look round" and get them gradually when you see what suits you. Save your strength and save your time. Get the right thing, and plan a right place to keep each "tool" in. The "Chef" keeps each of his tools hung up on its own hook on a metal frame suspended from the ceiling over his baking-table. This does not look very pretty at first, but you get used to it. Have your tools right at hand, and where it suits you best to have them.

Kitchen Corners and Annexes

Let us make the kitchen bright and pretty—a centre of work and interest. In one corner we might have a little linen cupboard for towels, tablecloths and other table and kitchen linen. In another corner let us have an arm-chair or rocking chair and a convenient shelf for the cook-book with a shelf below for another book, a magazine and a newspaper. A little mirror is an ornament; it is also useful and bright. Mother often has two minutes to read while waiting for the kettle to boil. Near the window



HOME MADE REFRIGERATOR.

might be the " Slate " or " Bulletin Board " and the calendar. Don't do all your work in the kitchen. Do your " sitting down work " on the porch in summer.

Ice

Find a good place for the ice-box or refrigerator—very close to the kitchen—with an ice-door outside, so that whoever puts in the ice does not need to enter the kitchen.

We need an ice-house on the farm, especially for dairy products, food, etc., but we can build it ourselves next autumn, doing the concrete work while the good weather lasts, and finishing the ice-house as soon as the fall ploughing and other work will permit.

Ice House

" The kind of storage for the ice crop will vary with the conditions on the farm, and the ideals and tastes of the farmer himself. One thing is certainly true, namely, that the storage need not be elaborate in construction, and costly, in order to be efficient. Many farmers have used for years such inexpensive and simple storages as a large bin made of old boards and planks and located in some well sheltered place, such as under an open shed, in a mow

of the barn, or in a corner of the woodshed, a simple single wall lean-to on the shady side of a building, an old abandoned silo, or any convenient enclosure well protected from the sun's direct rays. The form and style of the storage for the ice does not matter materially provided the following named conditions are faithfully fulfilled. These conditions apply to any kind of ice storage house.

Conditions

Note carefully what they are: Protection from sun's rays; plenty of some material which is a poor conductor of heat about the ice on all sides, top and bottom; good circulation of air over the ice bin, i.e. between the top of the ice and any roof that may be above it. In other words religiously avoid the closed attic or loft condition in hot weather because stagnant air under a closed roof becomes very hot, and so heat will naturally pass down through the covering over the ice and melt it very rapidly. Another condition is good drainage, either natural or artificial, under the ice pit, as water backing up or failing to get away rapidly from the ice melts it quickly. Another—air should be kept from getting in at the bottom. Still another—cakes of ice should be packed

in the house on a cold frosty day and no sawdust should be put between them, only around the outsides next the walls but small openings between cakes should be filled as well as possible with dry snow or fine pieces of ice. The idea of this is to get rid of the air spaces and secure as far as possible a solid block condition of the ice. Do not freeze blocks together with water. Whenever any ice is removed during the summer, dry sawdust, or whatever covering is used, should be at once put back over the ice. If these conditions are well provided for there will be very little loss of ice by meltage within the bin or storage.

Plans for more elaborate and costly forms of ice-houses, and also plans and specifications for small ice cold storages, may be secured free of charge by writing the Department of Physics, O.A.C., Guelph, Ontario."*

Colours

The colours of the kitchen walls and of wall-paper or paint in the other rooms should be the colours you all like, perhaps soft, light yellow or brown or buff or perhaps green and the kitchen walls should be washable, if possible. Finishing the walls with oil paint is a good plan.

*Prof. R. R. Graham.

Tiles are good, also bricks for part of the wall. Linoleum, which can be so easily kept clean, is perhaps the best floor-covering. Some people like rubber mats—one in front of the stove and one in front of the table. They save tired feet.

In muddy weather, door-mats and scrapers, outside the door, and newspapers laid down on part of the kitchen floor, will save work and worry. So do little cement walks outside.

Entrance

The entrance to the kitchen should be planned with generous care. It should open off a fine porch with a winter shelter over the door which can be removed in summer, if necessary. Build the porch looking on the garden and so that it can be screened in summer. No admittance to flies, mosquitoes, wasps, or other dangerous visitors. If it is going to cost too much to screen the whole porch perhaps we could screen part of it.

Upstairs Porch

An upstairs balcony is a fine thing in a house. It may be used as a sleeping porch. You can air all your blankets there and your clothes. Sweeping-day and spring cleaning lose most of their terrors when you have an upstairs balcony.

The Farmer's Wash-room

It might open off one end of the porch and should have a wash-basin with hot and cold water and comfortable places for all a man's outdoor things, including cap, coat, boots, rubbers, mitts and overalls. Then the inner door of the wash-room might open into the kitchen. Perhaps this inner door would only need to be used in winter. Perhaps it could lead to the farmer's office.

The Play-room and Nursery

Another room which might open off the kitchen and perhaps have a door opening on the porch, is a little play-room for the children, with places to put all their toys and outdoor clothes, especially in winter. Caps, toques, mitts, coats, capes, boots, rubbers, skates, could all have a place in each child's compartment of a wire basket, or wire locker, placed over the register or near the stove, so that the things would all be dry and warm again to put on. A little wash-room or a little washstand and small bath off this would be very nice, too. Mother knows that the children are all right in this play-room while she is working nearby in the kitchen. Sometimes part of it can be used for a nursery. Some wet day Daddy or Uncle

John will make a wee table and one or two low stools or benches or little chairs to match the table. Have a wide, low "platform" at the end, so that the little children can climb up on it and look out of the window to see what is to be seen on a cold winter's day, when they cannot get out. Have a comfortable chair for Mother in the nursery.

Hot Rail

A hot towel-rail to warm and dry things in the nursery is a good idea. They have them in the "Old Country." The best kind of course is connected with the stove or furnace or hot water pipe, and it does not cost much if you can just remember about it when you are building. They are fine in the kitchen and bathroom. The idea is to put the towel-rail where it will get the heat.

The Laundry

If the washing is being done in the kitchen have stationary tubs, if possible, with good covers attached. The covers, when closed down, make a convenient table.

A small separate laundry is better still. The cellar is not the best place for it. You will need a stove in the laundry. An old stove will

often do nicely—or a coal-oil stove. And have the light fall on your tubs from the left, just as it does when you are writing or sewing. Stationary tubs are best, with hot and cold water. For a fairly reasonable price you can buy "Colonial Ware" tubs which never wear out. A washer is a great help. So is a wringer and also a "Yorkshire Drying Line" which works up and down or in and out.

Motive Power

So many Canadians have electricity in the house for light or power or both, that before you know it, the head of the house may find himself doing the family washing by electricity for the fun of the thing. The motive power used in farm buildings for chopping feed, pumping water, cleaning grain and other purposes will also pump water for all domestic uses, operate a churn, a washing machine, a sewing machine, an electric iron and perhaps some day a vacuum cleaner, which cleans carpets, walls and upholstered furniture. This motive power may be a windmill—a gasoline engine—or electricity.

Labour-saving machinery costs less than a funeral.

The Community Centre

Miss Ethel M. Chapman of the Ontario Women's Institutes, and Miss Helen J. MacDougall of the Nova Scotia Women's Institutes, have both pointed out that the home is the real "Community Centre." Miss MacDougall rightly says that there never was a real Community Hall or organization of any kind created to replace the home. It was meant to be a help to those who are denied home privileges or to act as a supplement to the home.

Help the Boys and Girls

The home is the centre where the seeds of the community spirit are sown and where community activities are discovered, discussed and encouraged. Youth is enthusiastic and imaginative but it needs sympathy and support or it tires at the chosen task. Boys and girls need us to interest them in things and foster that interest.

Hospitality

The greatest thing we can do for people is to ask them to have a meal in our home, and to make them so much at home and happy that they will want to come again. Just a simple home meal. Don't make strangers of them.

Sowing the Seed

"Let us avoid having our houses so furnished that the care of the house prevents our making a home."

"The mother plants the seeds of the community spirit in the young mind. She develops, encourages and sympathizes with community undertakings. She it is who makes our community centre. In the building of this country of ours her spirit, courage and wisdom are indispensable if its citizens are to be true exponents of the community spirit, which must be manifested in the building of a great nation.

The home is a fundamental community centre and the mother is the creator of the community spirit."*

Better People

When you let people into your home, they learn, says Miss Chapman. She has a friend and his wife who know how to make their farm a community centre. They had no children of their own, so they adopted a baby, though they had at that time a mortgage of $4,500 to pay off. In two or three years more, when they got the mortgage paid off, the father said "The house does not seem right without a baby."

*Miss Helen J. Macdougall.

So they adopted another baby and in the course of time adopted three more. Now they have five children growing up. The children needed a play-room. So the upstairs part of the driving-shed was made into a fine play-room. And from this developed a community centre. There is a sewing machine in it, and you will notice a Family Bible on the table.

We want better houses for the people but we also want better people for the houses.

"The heart's aye the pairt aye,
That mak's us richt or wrang."*

The Means and the End

In making a home we need the sense of proportion. Cleanliness, order and labour-saving machinery are important, but they are only the means to the end of making a happy home. Simplicity, understanding, insight, good cheer, courage, kindness, self-control and devotion to the good of others are of far greater value than cleanliness, order and labour-saving machinery all put together.

*Burns.

At Our Best

The atmosphere of the home breathes the spirit of love and service—the spirit of those who have learned that it is better to give than to receive—better to share than to keep. Back to the home we come for rest, inspiration, nourishment, sympathy and comfort. We find our best friends in the home—friends who help us to find ourselves and to be always at our best.

The Lights of Home

When we see the lights of home, the heart leaps up, and when we close the familiar door behind us we know that the world of strangers is shut out and we are at home.

"Home Sweet Home"

"The curse of human life is the failure to develop. A man becomes absorbed by this or that, by pleasure, by business, by vice it may be, or by wholly legitimate interests, carried out of proportion; and he becomes as we say, one-sided; nothing saves him but a human interest in a real person; he falls in love and revises all his standards, and unconsciously influenced by the woman's love for him and by his love for her—if she be a woman of any real worth and capable of helping a man—he develops into a new creature, as we casually say. If she bears him a child the child lifts husband and wife into a new atmosphere, alters the temperature of their lives, and a great deal of selfishness is atrophied by the warmth and interest that the child makes, as its life and mind grow and expand; they live in a region of higher thoughts and keener hopes and delights."

—*T. R. Glover.*

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